

A Conceptual Review on Twak-Saarta

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ABSTRACT

The healthy state of body is achieved only when there is equilibrium between Dosha, Dhatu and Mala of the body. Among these fundamental constituents of body, Dhatu are also equally significant. As the name suggests, Dhatu perform the functions of Dharana (structural framework of the body) and Poshana (nutritional system of the body). Saara is an essential concept mentioned in Ayurvedic texts. Saara Pariksha comes under Dashavidha Pariksha which is explained to examine an individual thoroughly. The concept of Saara in Ayurveda is an index to measure the Bala of individual Dhatu. As per description of Dhatu Saara the characteristic of Rasa-Saara is given by the name of Twak-Saara by all Acharya. It is probably also due to the fact that function of Rasa Dhatu is best manifested in Twak. The function of Rasa Dhatu is Prinana i.e. nutrition. Qualities of life like Arogya and Ayushya which are related to diseases, are in abundance in Twaksaara person. Hence, the person has more resistance against the diseases mostly diseases related to plasma, skin and hair. Rasa Dhatu can be most appropriately correlated with the blood plasma; immunoglobulins give immunity against the diseases.

Keywords – Dhatu, Saara, Rasasaara, Twaksaara, Skin and Hair

INTRODUCTION

Saara is an essential concept mentioned in Ayurvedic texts. Saara Pariksha comes under Dashavidha Pariksha which is explained to examine an individual thoroughly. The concept of Saara in Ayurveda is an index to measure the Bala of individual Dhatu. In order to evaluate natural strength i.e. Bala of Sapt Dhatu, Saara examination is mentioned in Ayurveda. In Ayurvedic texts, we find that Sara Parikshana is used not only for assessing Bala maan (strength) but also Ayu (lifespan) and Saubhagya (good fortune) of the person. Saara is considered as the purest form of Dhatus.

For a healthy person, the state of equilibrium between Dosha, Dhatu and Mala is extremely essential. If there is any disturbance in this equilibrium state, it will lead to the development of diseases. Among these fundamental constituents of body, Dhatu are also equally significant. As the name suggests, Dhatu perform the functions of Dharana (structural framework of the body) and Poshana (nutritional system of the body). Hence to evaluate strength, lifespan and fortune, saara examination is important.

AIMS AND OBJECTIVES

- ✓ To study the concept of Twaksaara with reference to Rasa dhatu.
- ✓ To study the concept of Dhatusarata

MATERIALS AND METHOD

- ❖ Literature available from various Ayurvedic Samhita and their commentaries.
- ❖ Research papers and articles related to the subject.

REVIEW

Dhatus are body constituents which build the basic structure and carry various physiological functions. They work as body tissues to stabilize and sustain body. The word 'Dhatu' is derived actually means that which sustains and nourishes the body. And as per Chakrapani in his commentary, Sara means the purest form of dhatu means which has best qualities of Dhatu.

सारतश्चेत्यादौ सारशब्देन विशुद्धतरो धातुरुच्यते |

सप्रभवेति प्रभायुक्ता त्वक् |

Definition and importance of Dhatusarata given by Acharya Charaka is as follows-

सारतश्चेति साराण्यष्टौ पुरुषाणां बलमानविशेषज्ञानार्थमुपदिश्यन्ते ।

Sara Parikshana is used to determine the state of Dhatu Sarata and also responsible for assessing Bala Maan (strength). It gives a clear view for the assessment of the properties and functions of Dhatu.

तद्यथा- त्वग्रक्तमांसमेदोऽस्थिमज्जशुक्रसत्वानीति ॥

As per the above mentioned quote, Sara has been classified into eight types depending upon the predominance and quality of particular Dhatu of an individual's body. Viz. Twaka (here Rasa sara is cited as Twaka sara), Rakta, Mamsa, Meda, Asthi, Majja, Shukra and Satwa are eight types of Sara qualities and examinations. In above mentioned shloka also, instead of Rasa, Twaka is mentioned. Hence, as per description of Dhatu Saara the characteristic of Rasa-Saara is given by the name of Twak-Saara by all Acharya.

तत्र स्निग्धश्लक्ष्णमृदुप्रसन्नसूक्ष्माल्पगम्भीरसुकुमारलोमा सप्रभेव च त्वक् त्वक्साराणाम्।

सा सारता सुखसौभाग्यैश्वर्योपभोगबुद्धिविद्यारोग्यप्रहर्षणान्यायुष्यत्वं चाचष्टे॥

As stated above, the purest form of Rasa Dhatu is Rasasaara, which is also known as Twaksaara. As Rasa is assessed through Twak, hence this Saara is considered as Twaksaara. It is probably also due to the fact that function of Rasa Dhatu is best manifested in Twak. The function of Rasa Dhatu is Prinana i.e. nutrition. The healthy skin reflects the nutritional state of subjects. Dalhana clarified this fact that, here the word "Twak" means the Rasa residing in the skin.

The characteristics of Twaka saara person can be categorized into 3 parts-

1. Skin
2. Hair
3. Qualities of life

SKIN			
	QUALITIES	MEANING	
1	Snigdha	Unctuous	Promotes nourishment and provides strength and complexion. will not be having dry or scaly skin
2	Shlakshna	Smooth	Property which provide smoothness on touch.
3	Prabha	Lustrous	will have glowing skin, that which can be seen from far.
4	Mridu	Soft	Property which provides poor resistance on touch.
5	Prasanna	Charming/Bright	Property which provide brightness

HAIR			
	QUALITIES	MEANING	
1	Sukshma	Thin	Very minute hair that from far presence of hair cannot be recognized.
2	Alpa	Not Densely Distributed	Distribution of hair on body is very less.
3	Gambhira	Deep-Rooted	Too strong that it is very difficult to pull off.
4	Sukumara	Soft & Attractive	having delicate hair and skin.

QUALITIES OF LIFE		
	QUALITIES	MEANING
1	Sukha	Happiness
2	Saubhagya	Good Fortune And Prosperity
3	Aishwarya	Power
4	Upabhoga	Enjoyment
5	Buddhi	Intelligence
6	Vidya	Knowledge
7	Arogya	Healthy
8	Ayushya	Longevity

TWAKASAARATA AND MODERN ASPECT –

If we also refer the modern science to understand Rasa Saarata or Twakasaarata better, then we can find that Rasa Dhatu can be most appropriately correlated with the blood plasma, which is an essential component of blood. This plasma performs the function of the Rasa Dhatu as mentioned in Ayurveda. Which means nutrition to every part of the body is supplied by the plasma. Plasma carries vital nutrients in the body. Also blood plasma contains immunoglobulins i.e. IgG, IgM, IgA etc. Immunoglobulins are important components of immune system of body which helps body to protect against diseases and also fight against antigen if at all got diseased.

TWAKSARATA & VYADHI CORRELATION –

The crucial objective of Sara examination is to evaluate Bala of the person. Since Twaksaara persons are having a good quality and function of Rasa Dhatu as well as Twak. As stated earlier, qualities of life like Arogya and Ayushya which are related to diseases, are in abundance in Twaksaara person. Hence, the person has more resistance against the diseases mostly diseases related to plasma, skin and hair. As previously mentioned, Rasa Dhatu can be most appropriately correlated with the blood plasma; immunoglobulins give immunity against the diseases.

FACTORS WORSENING TWAKSAARATA –

The factors which are responsible for worsening twakasaarata can be summarized in following way.

1. Aahar (Diet) - A diet, which vitiates Rasa dhatu can be said to be affecting Twakasaarata negatively. So the diet which is Guru (difficult to digest), Sheeta (cold), Snigdha (oily), if taken in large amount for a long time can affect Rasa dhatu and hence, Twakasaarata will also be affected.
2. Vihara (Lifestyles) - Mental stress can also affect Rasa Dhatu in negative way which ultimately diminishes the level of Twaksaarata. Also not following proper schedule of sleeping, exercises or heavy load of work can vitiate Twaksaarata. The excessive fasting may also causes Rasa Kshaya hence can decrease the quality of Rasa Dhatu and thereby deteriorate the qualities of Twaksaarata.
3. Etiology of Kustha Roga (Skin diseases) – these factors affect the skin and hence the Twaksaarata and then cause skin disease.

METHODS TO IMPROVE TWAKSAARATA

1. The factors which are responsible for worsening twakasaarata should be cautiously avoided to improve twakasaarata.
2. Also the principles explained in Ayurveda, to follow proper routines as per the season or time should be followed religiously.

DISCUSSION

Sara means the purest form of dhatu means which has best qualities of Dhatu. For a healthy person, the state of equilibrium between Dosha, Dhatu and Mala is extremely essential.

Dhatu perform the functions of Dharana (structural framework of the body) and Poshana (nutritional system of the body). Hence to evaluate strength, lifespan and fortune, saarata examination is important. There are eight types of Sara qualities and examinations, Twaka (here Rasa sara is cited as Twaka sara), Rakta, Mamsa, Meda, Asthi, Majja, Shukra and Satwa. In mentioned shloka, instead of Rasa, Twaka is mentioned. Hence, as per description of Dhatu Saarata the characteristic of Rasa-Saarata is given by the name of Twak-Saarata. . It is probably also due to the fact that function of Rasa Dhatu is best manifested in Twak. The function of Rasa Dhatu is Prinana i.e. nutrition. The healthy skin reflects the nutritional state of subjects.

A Twak Sara person is characterized by Sukshma (thin), Alpa (not thick distributed), Gambhira (deep rooted), Sukumara (soft & attractive), Snigdha (unctuous), Shlakshna (smooth), Mridu (soft), Prasanna (charming) and Prabha (lustrous) of Twak& Loma. These individuals are endowed with Sukha (happiness), Saubhagya (good fortune and prosperity), Aishwarya (power), Upabhoga (enjoyment), Buddhi (intelligence), Vidya (knowledge), Arogya (healthy) and Ayushya (longevity). Rasa Dhatu can be most appropriately correlated with the blood plasma, which is an essential component of blood. blood plasma contains immunoglobulins i.e. IgG, IgM, IgA etc. immunoglobulins are important components of immune system of body which helps body to protect against diseases and also fight against antigen if at all got diseased.

CONCLUSION

Saarata parikshan, is one among Dashavidha Pariksha and it gives idea about state of Dhatu, as it is considered as purest form of Dhatu. The state of Rasa Dhatu in body is assessed via Twak, so it is known as Twaksaara. Qualities of life like Arogya and Ayushya which are related to diseases are in abundance in Twaksaara person. Hence, the person has more resistance against the diseases mostly diseases related to plasma, skin and hair.

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